

Benefits of going Smokefree

Tips from the NHS

Going smokefree isn't easy, but when you see the drastic improvements to your life and health, you'll want to set your action plan going as quickly as you can.

How will my health benefit?

- You will reduce your risk of developing illness, disability or death caused by cancer, heart or lung disease.
- You will reduce your risk of gangrene or amputation caused by circulatory problems.
- You will protect the health of those around you by not exposing them to secondhand smoke.
- You will reduce the chances of your children suffering from asthma or glue ear.
- You will improve your fertility levels and your chance of a healthy pregnancy and baby.
- You will improve your breathing and general fitness.
- You will enjoy the taste of food more.

How will my lifestyle improve?

- You will save money - as much as several hundred pounds a month, if you're a heavy smoker.
- You will no longer smell of stale tobacco.
- The appearance of your skin and teeth will improve.
- You will feel more confident in social situations - you won't be worrying about the secondhand smoke you create anymore.
- As a non-smoker, you may even find you get approached more often by potential new friends and partners when out socialising.
- Your home will smell fresh and you will no longer be staining your walls with nicotine.
- You will reduce the risk of fire in your home.

GO SMOKEFREE AND FEEL HEALTHIER AND MORE CONFIDENT

Quitting smoking isn't easy, but when you see the drastic improvements to your life and health it is really motivating.

The damage that smoking causes to your body is horrible, and your [secondhand smoke](#) can also cause problems for everybody else too.

Smoking is unattractive and costs you loads of money. Just imagine yourself being smokefree. Feeling great and having that extra money in your pocket!

IMPROVE YOUR HEALTH

- Reduce your risk of illness, disability or death caused by cancer, heart disease and lung diseases.
- Reduce your risk of gangrene or amputation caused by circulation problems.
- Protect the health of the people you care about by not making them breathe your secondhand smoke.
- Reduce the chances of your children suffering from asthma or glue ear.
- Improve your fertility and your chance of a healthy pregnancy and baby.
- Improve your breathing and general fitness.
- Enjoy the taste of food more.

FEEL ATTRACTIVE AND CONFIDENT

- Get rid of that stale tobacco smell from your hair, skin and clothes.
- Look attractive with healthy, glowing skin, no tobacco stains on your teeth and fewer wrinkles.
- Feel more confident in public places because you won't be polluting the air or making other people breathe your secondhand smoke.
- Smoking is a big turn off to potential partners, so when you go smokefree, you might be surprised by the new attention you receive.
- Have a fresh, attractive home without nicotine stains on the walls and reduce your risk of starting a house fire or burning your clothes.